

## Social Skills Checklist:

PARENT of \_\_\_\_\_ date: \_\_\_\_\_

Often Sometimes Rarely

			<b>Cooperative Skills:</b>
			My child makes new friends easily.
			My child asks someone to play/hang out.
			My child joins in a group easily.
			My child plays games with others.
			My child accepts winning or losing well.
			Other kids seem to like my child.
			My child is happy to play by someone else's rules/games.
			My child takes turns.
			My child shares.
			My child compromises.
			My child is agreeable.
			My child smiles at others.
			My child respects someone's personal space.
			My child enjoys team sports.
			My child has similar interests to peers.
			<b>Friendship Management:</b>
			My child is comfortable meeting and talking with peers.
			My child gets invited for play dates/birthday parties.
			My child feels included by other kids.
			My child can share a friend.
			My child stays friends with people for a long time.
			My child listens to other's opinions without correcting them.
			My child gets attention in positive ways.
			My child is good at solving problems.
			My child seeks help to solve problems when he/she needs to.
			My child negotiates and compromises to settle disagreements.
			My child learns from past experiences so he/she doesn't make the same mistakes.
			My child is able to say "No" to people when necessary.
			My child avoids being rude or hurting other people's feelings.
			My child avoids exaggerating or bragging.
			My child compliments friends and other people.
			My child makes supportive comments to others.
			My child understands what other people think of him/her.

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			<b>Emotional Management:</b>
			My child knows how to act in most situations.
			My child knows when he/she is getting too silly.
			My child knows when he/she is getting stressed.
			My child knows when he/she is getting angry.
			My child has effective ways to calm down.
			My child talks to others when upset.
			My child understands what others are thinking or feeling.
			My child has appropriate ways to deal with their mistakes.
			My child initiates working independently.
			My child easily tries something new.
			My child tries even when work is hard.
			My child handles transition times easily.
			My child handles changes in schedule easily.
			My child is able to deal with disappointment.
			My child is patient.
			<b>Conflict Management:</b>
			My child thinks carefully before he/she acts.
			My child accepts consequences.
			My child is respectful of others .
			My child can accept "No" for an answer.
			My child avoids arguing with peers.
			My child avoids arguing with parents.
			My child avoids arguing with teachers or principal.
			My child apologizes when he/she makes mistakes.
			My child accepts apologies – forgive and forget.
			My child accepts constructive criticism.
			My child goes through a day without being teased.
			My child has ways to deal with teasing that seem to work.

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			<b>Communication Skills:</b>
			My child gives good eye contact.
			My child shows that he/she is listening by orienting body and face to speaker.
			My child listens to others and remembers what they say.
			It is easy for my child to express his/her ideas in words.
			My child greets people appropriately.
			My child introduces himself/herself to others.
			My child knows how to start conversations with peers.
			My child asks questions to get to know someone.
			My child waits for his/her turn to talk.
			My child knows when to stop talking and give others a turn.
			My child uses a friendly tone of voice.
			My child stays on topic when talking with others.
			My child talks about what someone else is interested in.
			My child refrains from saying something that may sound rude.
			My child talks with voice volume appropriate to the situation.
			My child's speech is fluent.
			My child's articulation is easy to understand.

Anything else you would like me to know about your son/daughter?

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Adapted from Jed Baker, Social Skills Training, 2003 by Regina Feinberg

Regina K. Feinberg, M.A., CCC  
Spotlight Social Skills  
Northwest Speech Therapy  
8015 SE 28<sup>th</sup> Street, Suite 309  
Mercer Island, WA 98040  
206 226-8813